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# MEN'S 1999-00 SWIMMING PROFILES

## JAY BOX

**Back, Free**

**6-1, 160, Jr.**

**Kent-Kentwood**

**High School:** Graduated from Kentwood High School in 1997. Four-year letterman in swimming. Team Captain senior season. Placed third in state meet in 50 free junior season and fourth in backstroke senior year. **College:** Earned All-American honors in 400 Medley relay. Won Inspirational award last season. Swam on foursome that set school records in 200 free relay and 200 medley relay in times of 1:23.40 and 1:34.75, respectively. Shared CWU MVP with Justin Berry freshman season. Earned All-American honors in four events including 200 free and 200 free, 400 free and 400 medley relay events in freshman season. Placed fourth in 200 free in time of 1:44.29. Relay teams placed third, fourth and fifth, respectively. **Misc:** Born 12-27-78 at Overland Park, KS. Has one brother. Posted 3.78 grade point average in high school.

## CHRIS BRESKE

**Breast, IM**

**5-8, 154, Sr.**

**Seattle (Highline)**

**High School:** Graduated from Highline High School in 1996. Lettered in cross country (3), swimming (4) and track-and-field (4). All-league in cross country. Won Rookie-of-the-Year, Most Inspirational and team captain awards. Competed in breast, IM and freestyle events in swimming. Was junior national qualifier in 100 and 200 breaststroke. **College:** Redshirted freshman season. Earned All-American honors, placing third in 100 yard breaststroke in season-best time of 58.51 in sophomore season. Also placed seventh in 200 breaststroke in time of 2:09.90. Swam season-best mark of 2:09.03 in prelims. Placed 14th in 200 individual medley (2:00.47) after swimming season-best 2:00.24 in prelims. **Misc:** Born 8-3-78 at New Orleans, La. Computer science major. Wants to be a software developer. Has two sisters. Was active in honor society and church youth groups while in high school. Posted 3.38 GPA at Highline.

## DANIEL CAPUTO

**Breast**

**6-1, 160, Fr.**

**Renton – Kentridge**

**High School:** Graduated from Kentridge High School in 1999. Lettered in water polo (3) and swimming (4).

**College:** First season in program. Will compete in breast and relays. **Misc:** Born 5-8-81 at Puyallup. Has a brother and a sister. Undecided on major. Graduated high school with a 3.0 GPA.

## ROBERT COLLINS

**Free**

**6-0, 175, Fr.**

**Pendleton, Or.**

**High School:** Graduated from Pendleton High School in 1999. Lettered in swimming (4) and track (2). Team Captain in junior and senior seasons. Two-time IMC champion in 100 and 200 free. **College:** First season in program. Will compete in free and will play a part in relays. **Misc:** Born 7-8-80 at Oak Park, IL. Has two sisters. Undecided on major. Was awarded Billy Hathaway Memorial Scholarship. Posted 3.1 GPA in high school.

**MATHEW DUKE****5-9, 165, Fr.****Seattle – University Prep.**

**High School:** Graduated from University Prep. In 1999. Lettered in swimming. **College:** First season in program. **Misc:** Born 1-8-81 at Seattle. Has two brothers. Posted 3.1 GPA in high school.

**JARED GOIN****Free, Back****5-10, 160, Sr.****Olympia - Tumwater**

**High School:** Graduated from Tumwater High School in 1996. Four-year letter winner in swimming. Team Captain. also selected Most Outstanding swimmer and Most Inspirational swimmer. **College:** Three-year letter winner. Swam the teams fastest times in 800m free (9:26.26), 1000 free (10:32.14) and 1650 free (17:51.05) last season. Finished 15th in 500 free (4:50.72) and 22nd in 200 free (1:47.83) in NAIA national meet freshman season. Finished 10th in 1650 free (17:06.85), 13th in 500 free (4:50.91) and 16th in 200 free (1:47.96) in national meet last season. CWU career bests of 50.16 in 100 free, 1:47.56 in 200 free, 4:52.45 in 500 free, 10:25.21 in 1000 free, 17:06.85 in 1650 free, 58.49 in 100 back and 2:11.48 in 200 back. **Misc:** Born 3-2-78 at Walla Walla. Has one brother and one sister. Mechanical engineering major.

**MICHAEL KEGEL****Free****6-3, 190, Fr.****Aberdeen**

**High School:** Graduated from Aberdeen High School in 1999. Lettered in cross country (3) and swimming (4). Team Captain cross country junior season. Placed seventh in state 200 free relay in junior season and fourth in senior season. **College:** Will compete in free in first season at Central. **Misc:** Born 1-17-80 at Olympia. Has two sisters. Undecided on major. Involved in yearbook, youth group and government in high school. Traveled to China, Hong Kong and Korea as part of Washington Cultural Exchange. Was one of about 50 American swimmers who trained and competed against the Chinese team.

**BENJAMIN MCKEE****Breast****6-0, 165, Fr.****Ollala – South Kitsap**

**High School:** Graduated from South Kitsap High School in 1999. Lettered in swimming (3) and was a wide receiver on the football team. Team Captain and Coaches Award winner in swimming senior season. Won Most Improved in sophomore season. **College:** First season in program. **Misc:** Born 6-16-81 at Independence, Mo. Has a brother and two sisters. Graduated high school with honors and 3.7 GPA. Undecided on major. Was awarded the Eagle Scout and is involved with his church. Also likes to ski and mountain bike.

**ROBERT MESSER****Breast, Back****6-2, 170, Fr.****Selah – Naches Valley**

**High School:** Graduated from Naches Valley High School in 1999. Lettered in swimming (2). Finished fifth in 100 breast and 13<sup>th</sup> in 200 IM in 1997 state meet. In 1998, finished 10<sup>th</sup> in 100 back and ninth in 200 IM at state meet. **College:** First season in program. Will swim breast and back. **Misc:** Born 4-5-81 at Yakima.

Has a brother. Intends on majoring in Education at CWU. Was involved in Honor Society, ASB and his church in high school. Posted a 3.3 GPA in high school.

**TIM MINOR**

**Distance**

**6-0, 160, So.**

**San Jose, CA - Prospect**

**High School:** Graduated from Prospect High School in San Jose, Calif. in 1998. Four-year letter winner in swimming. Three-time MVP. Most Improved and Coaches award winner. Had best of 5:09 in 500 free.

**College:** Will swim in 200 freestyle in addition to distance events. **Misc:** Born 10-19-79 at San Jose. Undecided on major. Planning career in law enforcement. Has one brother and one sister.

**TONY PRESTON**

**Breast**

**6-0, 200, Sr.**

**Moses Lake**

**High School:** Graduated from Moses Lake High School in 1995. Earned four letters in swimming. Placed 12th in 100 yard breaststroke senior season. **College:** Attended WSU freshman year, but did not compete. Three-year letter winner for CWU. Qualified for NCAA national meet last season. Won two NAIA All-American awards sophomore season, placing sixth in 100 yard breaststroke (59.57) and fifth as member of 400 medley relay team (3:32.79). Also placed ninth in 200 yard breaststroke (2:10.15). Placed 14th in 100 breast (1:00.49) freshman season. Career bests of 59.04 in 100 breast, 2:10.15 in 200 breast and 2:11.09 in 200 individual medley. **Misc:** Born 10-26-76 at Hermiston, Ore. Has one brother. Math education major. Wants to be math teacher. Had 3.6 grade point average in high school.

**BRIAN ROBERTS**

**Sprints, Free**

**6-1, 175, Fr.**

**Kenmore – Ingelmoor**

**High School:** Graduate from Ingelmoor High School in 1999. Lettered in swimming (4). Team Captain junior and senior seasons. Finished 11<sup>th</sup> in 100 free and 15<sup>th</sup> in 50 free at senior state meet. **College:** First season in program. Will swim sprints and free this season. **Misc:** Born 7-2-80 at Seattle. Has one brother. Intends on majoring in Flight Technology. Was involved in Honor Society and graduated high school with 3.63 GPA.

**ROBERT ROONEY**

**Breast**

**5-10, 165, Fr.**

**Wrangell, AK**

**High School:** Graduated from Wrangell High School in 1999. Lettered in swimming (3), Cheerleading (3) and cross-country (1). Captain of swimming team. Placed 15<sup>th</sup> at state in 100 breast in junior season. **College:** First season at Central. Will compete in breast stroke competitions. **Misc:** Born 6-28-81 at Wrangell, AK. Has one brother. Plans to major in Science. Posted a 3.89 GPA in high school. Was involved in Honor Society, Government, Church Youth Group, Pep and Concert Band.

**CARL SCOTT**

**Fly**

**6-0, 240, Jr.**

**Colville**

**High School:** Graduated from Colville High School in 1997. Additional information unavailable. **College:** On squad freshman season, but did not letter. Season-best marks of 58.73 in 100 fly and 2:19.65 in 200 fly. **Misc:** Born 11-8-78 at Spokane. Has two sisters. Elementary education major. Wants to be elementary education teacher. Had 3.4 grade point average in high school.

**JOSH WHALL**

**Breast, Free**

**5-8, 145, Fr.**

**Edmonds – Lake Stevens**

**High School:** Graduated from Lake Stevens in 1999. Lettered in tennis, swimming (3) and baseball (1). Captain of the junior varsity tennis team. Competed at districts four years in swimming. Played outfield and won the Most Inspirational Award helping Lake Stevens finish second in state senior season. **College:** First season in program, but will compete in breast and free at Central. **Misc:** Born 10-29-80 at Lake Stevens. Has two brothers. Was Lake Stevens Business Student-of-the-Year in 1998.

# WOMEN'S 1998-99 SWIMMING PROFILES

## HEATHER BALES

### Distance

5-7, 130, Jr.

Renton - Kentridge

**High School:** Graduated from Kentridge High School in 1997. Earned four letters in swimming under ex-CWU swimmer Dave Wright. Team captain senior season. Most Improved award junior season. **College:** On squad freshman and sophomore season, but did not letter. Season bests of 5:50.51 in 500 free, 12:11.92 in 1000 free and 20:10.89 in 1650 free. **Misc:** Born 5-14-79 at Mesa, Ariz. Business and marketing major. Has one sister.

## JOY CARLSON

### Backstroke

5-4, 135, Fr.

Ellensburg

**High School:** Graduated from Ellensburg High School in 1996. Lettered in swimming four years. Was coached by former Central coach Chad Youngquist. **College:** First season in Central's program. **Misc:** Born 11-6-77 at Portland. Tourism Management major. Sister of CWU coach Candi Carlson.

## DIANA CARR

### Breast, IM

5-3, 125, So.

Kelso

**High School:** Graduated from Kelso High School in 1998. Four-year letterman for former CWU All-American and 1984 Hall-of-Fame inductee Gerry Malella. Most Valuable and Most Dedicated award winner. Also earned Scholar-Athlete award. **College:** Earned her first letter last season. Competed in the 200 and 400 individual medley, posting season-best times of 2:17.69 and 5:07.86, respectfully. **Misc:** Born 10-25-80 at Kelso. Undecided on major. Has one brother. Posted 3.25 GPA in high school. Enjoys art and playing guitar.

## JACY EILERS

### Free

5-10, 147, Sr.

Moses Lake

**High School:** Graduated from Moses Lake High School in 1996. Lettered in swimming. Team Captain and Most Inspirational award winner. Also was on drill team. **College:** Attended Big Bend one year prior to enrolling at CWU. Won letters past three seasons. Voted team Captain last winter. Swam second fastest team 100 and 200 freestyle times of 56.66 and 2:03.61 last season. Finished 19th in 50 free (25.77) and 17th in 100 free (56.14) sophomore season. Career bests of 25.77 in 50 free, 56.14 in 100 free and 2:03.61 in 200 free. **Misc:** Born 9-1-77 at Moses Lake. Education major. Has one brother. Cousin of CWU All-American volleyball player Jill Taylor. Posted 3.4 GPA in high school.

## DEBORAH FRAZEE

Fly, Back, IM, Free

**5-8, 150, Jr.  
Tumwater**

**High School:** Graduated from Tumwater High School in 1997. Earned four letters in swimming. MVP sophomore, junior and senior seasons. Team Captain. Set school record in six events. **College:** She earned her second letter last winter. Swam team best times in 50 free (25.53), 100 free (56.33), 100 backstroke (1:01.37) and 200 backstroke (2:17. 50) last winter. Won six All-American awards freshman season, including 100 butterfly finishing fourth in time of 59.82 after setting school record in preliminaries with time of 59.54. Also placed 11th in 50 free (25.19) and eighth in 100 back (1:01.49). Earned All-American honors on all five relay events as squad placed third in 200 free (1:39.48), third in 400 free (3:37.80), fourth in 800 free (8:03.69), second in 200 medley (1:49.40) and third in 400 medley (4:00.87). The latter two were school-record marks. Season-best marks of 25.13 in 50 free, 1:00.69 in 100 back, 59.54 in 200 back, 2:17.12 in 200 fly and 2:16.00 in 200 individual medley. **Misc:** Born 2-21-79 at Olympia. Family Studies major. Wants to be counselor. Posted perfect 4.00 GPA in high school and was Class Valedictorian. Sophomore class president. Was member of Honor Society and Young Life. Was on Tumwater's Knowledge Bowl team. Also participated in Community Chore services program and in band and choir.

**MERIDITH GAGE  
FLY, FREE  
5-10, 150, Fr.  
Seattle – Renton**

**High School:** Graduated from Renton High School in 1999. Lettered in swimming (4), basketball (3) and softball (1). Voted team MVP and Captain in swimming. Was Most Improved as a center on the basketball team. **College:** Will compete in the butterfly and backstroke at Central, **Misc:** Born 5-18-81 at Renton. Has a brother and two sisters. Intends on majoring in Environmental Engineering at Central. Posted a 3.4 GPA in high school.

**HEIDI HEIN  
Free  
5-10, 160, So.  
Mountlake Terrace - Lynnwood**

**High School:** Graduated from Lynnwood High School in 1998. Competed in swimming and tennis. Coaches award winner in swimming. Played No. 3 doubles position in tennis. **College:** Competed last season but did not letter. **Misc:** Born 6-15-80 at Redmond. English major. Plans to be high school teacher. High school activities included Habitat for Humanity program, Youth group and band. Has one sister and one brother.

**EMILY HILDERBRAND  
Breast, Fly  
5-6, 147, Sr.  
Renton - Kentridge**

**High School:** Graduated from Kentridge High School in 1996. Competed in cross country and track and field. **College:** On squad last season, but did not letter. Season-bests of 1:19.20 in 100 breast, 2:56.37 in 200 breast and 1:16.20 in 100 fly. Earned letter in cross country in 1996. Placed 26th in PNWAC meet in time of 21:15. Was on squad in 1997. **Misc:** Born 11-16-77 at Renton. Language Arts Education major. Plans to be a teacher.

**SUZANNE HIZZEY  
Free**

**5-4, 155, Fr.**  
**Snohomish**

**High School:** Graduated from Snohomish High School in 1999. Lettered in swimming (4) and basketball. Placed second at districts in 500 free junior season and sixth in 200 free. **College:** Will compete in freestyle events in first season at Central. **Misc:** Born 10-05-81 at Everett. Has three brothers. Will major in Elementary Education. Posted a 3.1 GPA in high school.

**JONI JACOBS**  
**Breast, IM**  
**5-4, 138, Sr.**  
**Port Angeles**

**High School:** Graduated from Port Angeles High School in 1996. Lettered in swimming (4) and track-and-field (1). MVP and Team captain in swimming. Also played guard in basketball. **College:** Swam team best times in 100 and 200 breaststroke last winter with times of 1:08.71 and 2:29.01, respectively. Has earned eight All-American awards in the last three seasons at collegiate level, four in individual events and four in relays. School-record holder in 100 breast (1:06.76) and 200 breast (2:05.03). Also swam on relay teams that set school records last year in 200 medley (1:49.40) and 400 medley (4:00.87). . Two-time NAIA national champion in the 200 yard breaststroke in times of 2:25.03 freshman season and 2:25.60 sophomore year. Finished third both seasons in 100 breaststroke in times of 1:06.76 and 1:07.81. Also placed ninth in 200 individual medley (2:14.49) freshman year and seventh (2:15.25) sophomore year. Career best of 2:13.90 in NAIA preliminaries last winter. Also earned All-American honors in 200 and 400 medley relay teams both seasons. In freshman year, 200 squad placed third (1:51.36) and 400 team finished fourth (4:04.90). Last year 200 medley team placed second (1:49.40) and 400 team finished third (4:00.87). **Misc:** Born 4-25-78 at Port Angeles. Elementary education major. Plans to be a teacher. Posted 3.889 GPA in high school. Was active in Campus Crusade for Christ, Young Life, DARE and on Athletic Committee. Awarded \$500 Kiwanis Club Scholarship and \$800 Community Scholarship.

**JENNY KIRK**  
**Freestyle, Fly**  
**5-5, 130, Sr.**  
**Yakima - Eisenhower**

**High School:** Graduated from Eisenhower High School in 1996. Additional information not available. **College:** Earned her second letter last year. Career bests of 5:58.07 in 500 free, 20:28.47 in 1650 free, 1:02.96 in 100 fly and 2:23.27 in 200 fly. **Misc:** Born 6-21-78 at Yakima. Art and psychology major. Posted 3.6 GPA in high school. Has one brother.

**JESSICA LOMBARD**  
**Back, Breast**  
**5-6, 150, Jr.**  
**Issaquah**

**High School:** Graduated from Issaquah High School in 1997. Lettered in swimming. Athlete-of-the-Year award winner. **College:** Earned letter freshman season. Season-bests of 1:05.70 in 100 back, 2:28.06 in 200 back, 1:12.10 in 100 breast and 2:33.02 in 200 breast. **Misc:** Born 9-13-79 at San Francisco, Calif. Psychology major. Wants to be psychologist and work with chimpanzees. Has two brothers.

**AMY MAHRE**



**Fly, IM**  
**5-3, 125, So.**  
**Puyallup - Rogers**

**High School:** Graduated from Rogers High School in 1998. Four-year letter winner in swimming competing in butterfly, individual medley and relay events. Placed third at state meet senior season in 100 butterfly. Twice voted team's Most Valuable swimmer. Team Captain, Coaches Award and Most Inspirational. Had bests of 58.31 and 2:07.74 in 100 and 200 butterfly. **College:** Set CWU records in 100 (58.99) and 200 (2:10.42) butterfly in freshman season. Finished ninth in 200 (2:10.42) and 11<sup>th</sup> in 100 (59.35) butterfly at national meet last winter. **Misc:** Born 9-5-79 at Yakima. Public relations major. Wants to be an activities coordinator. Was active in student government, church youth group, Honor Society, Key Club and various service clubs in high school. Posted 3.95 GPA in high school. Central Investment Fund scholarship winner. Has two sisters.

**ERIN MATHEWS**  
**Free, Back**  
**5-9, 150, Sr.**  
**Ellensburg**

**High School:** Graduated from Ellensburg High School in 1995. Four-year letter winner in swimming. Won state title in 1993. Team Captain twice and Team MVP twice. Most Inspirational award winner. **College:** Three year letter winner. Swam season best times in 50 (25.55) and 100 (57.07) freestyle last winter. Won four All-American certificates, all in relay events, including 200 free (4th, 1:39.76), 400 free (5th, 3:38.80) and 200 medley (3rd, 1:51.36) teams freshman year and 200 free (3rd, 1:39.38) team sophomore season. Placed 12th in 50 free (25.40), 14th in 100 free (55.97) and 10th in 100 back (1:01.79) freshman year. Placed eighth in 50 free (25.09), eighth in 100 free (56.01) and 14th in 100 back (1:02.66) sophomore year. Career-bests of 24.90 in 50 free, 55.17 in 100 free, 2:04.80 in 200 free and 1:01.79 in 100 back. **Misc:** Born 8-7-77 at Yakima. International business major. Was a Rotary exchange student in Brazil during 1995-96 school year. Was active in Honor Society and had 3.9 GPA in high school. Has two brothers and one sister. Cousin of NFL quarterback Drew Bledsoe and University of Colorado quarterback Adam Bledsoe.

**NATALIE PRICE**  
**Distance**  
**5-6, 120, Jr.**  
**Woodinville - Inglesmoor**

**High School:** Graduated from Inglesmoor in 1997. Lettered in swimming. Team captain junior and senior seasons. **College:** Earned her third letter last season. Set CWU record in 500 Free with a time of 5:06.09. Earned Division II All-American award by placing eighth in 500 Free last season. Was voted Team Captain last winter. Earned four All-American awards freshman season. NAIA national runnerup in 500 (5:06.54) and 1650 (17:36.00). Times were school records in both events. Also set school mark in 1000 free (10:37.71) during 1650 race. Finished sixth at national meet in 200 free in time of 1:58.51. Had season-best mark of 1:57.45 in prelims. Also earned All-American honors helping CWU to fourth-place finish on 800 free relay event in time of 8:03.69. **Misc:** Born 6-24-79 at San Jose, Calif. Elementary education and psychology major. Has one brother and two sisters. Sister, Amy, swam at UC-Santa Barbara. Brother, Kevin, swam at Cal Poly - San Luis Obispo.

**VICKY SCHMALTZ**  
**Free, Fly**  
**5-6, 140, So.**

## **Redmond – Inglemoor**

**High School:** Graduated from Inglemoor High School in 1998. Lettered in swimming. State champion junior and senior season in 100 fly and 200 free. **College:** Attended the University of Miami last year. Was part of a school record in the 200 medley relay at the Big East conference championships. **Misc:** Born 4-24-80 at Bellevue. Has a brother and three sisters. Undecided on major. Posted a 3.6 GPA in high school.

## **JULIE SCHMELZER**

**Back, Distance, IM**  
**5-3, 115, Jr.**  
**Spokane - Cheney**

**High School:** Graduated from Cheney in 1997. Four-year letter winner in swimming. Three-year winner of Spirit Award and Coaches award. **College:** Earned her second letter last winter. Was also awarded the team Inspirational Award last season. Career-best marks of 5:55.95 in 500 free, 1:08.06 in 100 back, 2:29.17 in 200 back, 2:23.88 in 200 IM and 5:19.86 in 400 IM. **Misc:** Born 7-25-79 at Spokane. Accounting major. Wants to be a CPA. Posted 3.6 GPA in high school. Enjoys scuba diving.

## **JESSICA SPRIGGS**

**Distance, Free**  
**5-4, 135, So.**  
**Orangevale, Ca – Bella Vista**

**High School:** Graduated from Bella Vista High School in 1999. Lettered in swimming (4) and water polo (1). All-conference in 500 Free as a junior and senior. **College:** First season in Central's program. Will compete in distance and freestyle events. Will be looked upon to help lead relay events. **Misc:** Born 7-21-81 in Roseville, Ca. Has a brother. Her brother, Jeremy Spriggs, plays water polo and swims at Chapman University. Intends on majoring in Psychology. Graduated high school with a 3.9 GPA. Involved in Honor Society and Church. Has a life-long dream of attending the Academy Awards.

## **JAMIE TJADEN**

**Free, Breast**  
**5-11, 155, Fr.**  
**Anchorage, AK – Service**

**High School:** Graduated from Service High School in 1999. Lettered in swimming four years. **College:** First season in program. Will compete in freestyle and breaststroke events and also contribute in relays. **Misc:** Born 11-28-80 at Anchorage, AK. Has a brother. Intends on majoring in Business. Would like to become a Dentist. Was awarded the WVE and Rotary Club scholarships. Posted a 3.25 GPA in high school. Enjoys Alaskan camping, skiing and snowmobiling. Was once attacked by a Moose while cross-country skiing in Alaska.

## **AMBER VARIAND**

**Free, Back**  
**5-5, 135, Fr.**  
**La Grande, Or.**

**High School:** Graduated from La Grande High School in 1999. Lettered in volleyball (2) and swimming (1). She was a rightside hitter and setter on the volleyball team. Competed in freestyle and backstroke events in swimming. **College:** Will also compete in freestyle and backstroke in first year at CWU. **Misc:** Born 1-18-99 in Norfolk, NE. Has one brother. Intends on majoring in Fashion Merchandising. Posted a 3.8 GPA in high school. Involved in Honor Society, Church Choir, Youth Group and A Capella Choir.

